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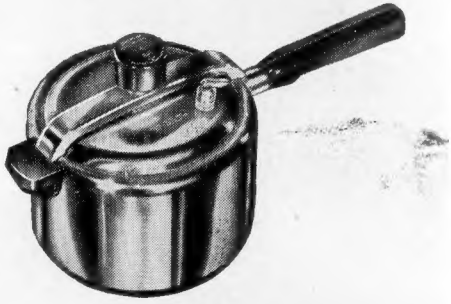

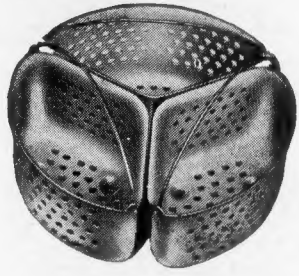

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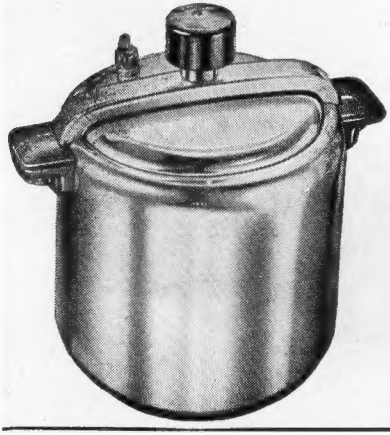

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PRESSURE COOKERY

With Recipes compiled and tested by
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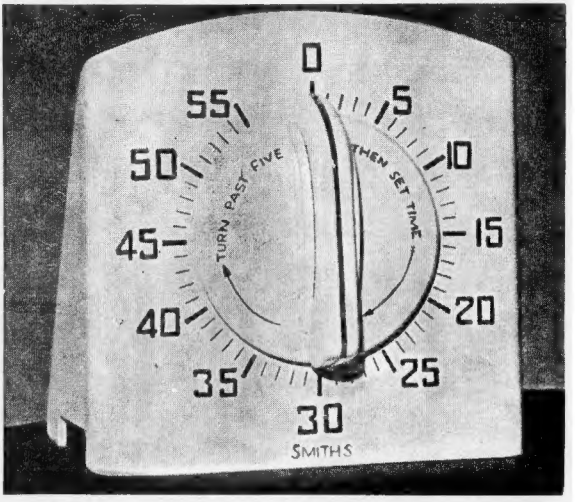

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FOREWORD

PRESSURE COOKERY, although by no means a new idea, has been very considerably developed during the last few years. Properly used, a pressure cooker saves time, labour and fuel, since it enables a dish—or even a complete meal—to be cooked in a matter of minutes.

As with any other specialised tool, it requires knowledge and common sense to make the best use of a pressure cooker or pan. If it is used indiscriminately the results are sometimes disappointing, and after the first interest in a new purchase has died down, the cooker may be relegated to the back of the kitchen cupboard. This is a great pity, and it is well worth while taking trouble to become acquainted with the general underlying principles of pressure cookery, and then to utilise the cooker for those purposes for which it is most suited. These cookers are particularly good for cooking root vegetables, soups and stews, pulses (peas, beans, lentils) and cereals.

In this book we have set out to give recipes only for dishes which we consider suitable for this type of cooking. The very fact that the food is cooked under pressure means that the method is not very suitable for light mixtures such as sponges, which are better cooked in the traditional way. Again, recipes which involve making large quantities of breadcrumbs or other time-wasting operations, defeat their own ends, since the time saved in cooking is lost in preparation. There are, however, very many dishes, including the plainer types of suet and other puddings, which may be cooked to perfection, provided directions regarding preparation and times of cooking are carefully followed.

The recipes given here are all based on practical tests carried out in Good Housekeeping Institute kitchens, and every recipe included is in our opinion suited to pressure cookery methods. We believe that by following these instructions you will find your pressure cooker becomes a valuable acquisition that will save time, fuel and money.

PHYLLIS L. GARBUTT, A.R.I.C.

First Class Diploma, King's College of Household and Domestic Science.
Principal of Good Housekeeping Institute.
LONDON.

What is Pressure Cookery?

COOKING under pressure is a means of boiling or steaming food at higher temperatures than are normally achieved. Under ordinary conditions water boils at 212°F., and if one continues to heat it, the water is merely turned into steam, which is driven off. The specially designed pressure cookers, however, can be sealed so that the steam cannot escape, but instead creates a higher pressure inside the cooker. This means that the foods attain a higher temperature, and this results in a shorter cooking time. The saving in time, and therefore in fuel, is particularly noticeable with such foods as dried peas and beans, root vegetables, tough cuts of meat and so on. For foods which in any case cook quickly, such as fish, there is less point in using a pressure cooker.

As the water used in cooking is not driven off in the form of steam, a much smaller amount is necessary, which tends to retain nutrients sometimes lost by the more ordinary methods of cooking. (See page 10.) Another advantage is that since the cooker is air-tight the smell of cooking does not pervade the house.

TYPES OF PRESSURE COOKER

The various makes of pressure cooker may be quite simply divided into two main classes:

1. Pressure saucepans, as the smaller types are called, of 6-8 pints capacity, the majority of which cook at a fixed pressure of 15 lb. per square inch.

2. Larger cookers, which operate at pressures between 5 and 40 lb. per square inch. (At time of printing this type is not available in Australia, but will be in due course.)

Choice depends on the size of the family and on the user's requirements, but in any case, if the cooker is to be used on a solid hot-plate, it is important to select one with a suitable type of base. The large type is needed to accommodate several jars or cans for preserving fruit or vegetables, for which temperatures of 228°F. and 240°F. respectively are advisable. These temperatures are reached at 5 and 10 lb. pressure, whereas most of the saucepans, as stated, cook at a pressure of 15 lb., which is too high for the most successful preserving. The recipes given in this book are suitable for both pans and large cookers.

In order to reach and maintain the required pressure, a pan or cooker must have a perfect air-tight seal. Some models seal internally (i.e., the side of the cooker curves over to form a rim under which the lid is inserted), and some externally (i.e., the side of the cooker is upright and the lid is clamped on by a bar). All pressure pans and cookers are provided with safety devices which ensure complete safety in use, providing the manufacturers' instructions are carefully followed. The saucepans have small safety plugs which can be replaced easily and quickly.

Pressure Saucepans

These are usually made of aluminium alloy and are provided with a rack on which to place foods that are to be steamed rather than boiled, e.g., vegetables, fruit, puddings, fish and sometimes poultry and meat.

The pressure is created either by means of a weight or by a spring-loaded needle controlled by a lever, according to the model; as soon as steam flows from the vent-pipe, the weight is pushed on or the lever is flicked down, and a loud hissing is soon heard, indicating that the desired pressure has been reached.

Inner containers have recently been devised for use in some of the pressure pans. These are useful when one is cooking for only one or two persons, since three different foods may be cooked simultaneously, but the amount which is held by each container is not sufficient for more than this number.

How to Use a Pressure Saucepan

1. Study carefully the booklet supplied with each make of pan and be sure you understand the instructions before using the pan.

2. Prepare the food in the normal way, cutting it into small pieces if possible: dice root vegetables or cut into strips; shred green vegetables; halve or slice apples and pears; cut meat for stews, etc. into cubes; joint poultry and rabbits.

3. Add the required amount of hot or cold water, according to the makers' instructions, or the particular recipe. Add seasoning, if required, but do not be too generous, since a much smaller amount of water is used than normally.

4. Put the prepared food or foods in the pan, using the rack or inner containers as required. If cooking more than one food at a time, be sure to choose those which take about the same time to cook. Do not fill the pan too full—not more than two-thirds full for solids or half full for liquids. Remember that dried peas and dried fruit, etc., swell to two or three times their original size.

5. Put on the lid and make any necessary adjustments to the pressure control device, then put the pan on the heat.

6. When steam appears in a steady stream from the vent pipe you will know that all air has been expelled, and you can shut the pressure control device, according to the particular instructions.

7. Within a few minutes a loud hissing will be heard, indicating that the 15-lb. pressure has been reached: reduce the heat so that only a slight hiss is heard, and time the cooking from this moment. With some pressure pans the indicator is a visual one and in the same way, as soon as the pressure is reached the heat is reduced.

8. Immediately the required time has elapsed, remove the pan from the heat, and reduce the pressure to normal, either by standing the pan away from the heat until the hissing stops (e.g., when cooking meat and stock) or by holding it under a running cold tap (when cooking vegetables, fruit, etc.). Open the pan, remove the food and dish up in the ordinary way.

9. Wash the cooker thoroughly,

taking particular care to see that the pressure control device is not clogged. Do not use soda, as these cookers are made of aluminium alloy. See that there is no grease round the edge of the pan, lid or rubber ring. Handle carefully, so as not to dent the edge of the lid, etc. Store with the lid off.

How to Use a Large Pressure Cooker

In general the method of using a pressure cooker is the same as for a pressure saucepan, apart from the fact that it provides a greater range of pressures. Detailed instructions for setting and timing when using these large cookers are given on pages 41, 42 and 44.

When you are cooking several foods at once, remember that these should be so selected or prepared that they take roughly the same time to cook. (e.g. peas 2 minutes—finely diced potatoes 2 minutes.)

QUESTIONS ABOUT PRESSURE COOKERY

Good Housekeeping Institute receives many enquiries about the effects of pressure cooking on the nutritive value of food, and about the amount of fuel saved. Here are answers to some of the most frequently asked questions—all based on actual tests carried out in the Institute.

Is Cooking under Pressure more destructive of Food Value?

No: food cooked in a pressure cooker or saucepan is likely to have as much food value as when cooked by ordinary methods, and may have more. Since the food is cooked in very little water and the liquid is absorbed by or served with the food there is obviously little if any loss through food constituents being dissolved in the cooking water.

What is the Effect on Mineral Salts?

Provided that any cooking water is absorbed, or is served as gravy, etc., there is no loss of iron, calcium and other mineral salts. There may even be a slightly increased calcium content when vegetables are boiled (not steamed) under pressure, as some of the chalk present in the water may be deposited on the vegetables.

What is the Effect on Vitamins?

In theory, vitamins might be destroyed by the high temperatures used, but actual chemical tests show that Vitamin B (thiamin) and Vitamin C (the ones most likely to be affected by heat) are generally well retained in the cooked foods. In fact, the vitamin content of foods cooked in pressure cookers compares favourably with that of food cooked by the best methods in ordinary saucepans. (These findings of Good Housekeeping Institute are also supported by independent investigators in the United States.)

Vitamin C: It was found that the following vegetables actually had a higher Vitamin C content when cooked under pressure: cabbage, cauliflower, turnip. Beans and green peas—neither of them good sources of Vitamin C—had a lower proportion of this vitamin when cooked under pres-

sure. Potatoes, the great Vitamin C standby, had an appreciably better content of this vitamin when cooked under pressure.

Vitamin B: In all cases the content was greater in the pressure-cooked samples of beans, peas and lentils than in the boiled ones.

Vitamin A: This is unlikely to be affected by high temperatures, and is insoluble in water, so the final proportion is probably unchanged.

Other Vitamins: So far as we know, the remaining vitamins are not so important. Either the food we eat is plentifully supplied with them, or they are not affected by pressure-cooking conditions.

How is Protein Affected?

From the point of view of food value, proteins may be affected. Tough meats are, however, made more tender and therefore more digestible.

How Much Fuel and Time are Saved by a Pressure Cooker?

Obviously the figure varies according to the foods selected for pressure cooking, but our calculations show that with gas, electric or oil stoves the saving may be approximately 50—60%, and the saving in cooking time may be about 75%.

Bigger percentage economies are to be expected in the field of domestic cookery than in that of commercial cookery, for the simple reason that heat is more quickly built up and cut down in the small domestic units than in the large-scale ones.

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Stocks, Soups and Stews

GOOD stock should form the foundation of every soup, and there is no better pan for stock-making than a pressure cooker. The manufacturers' instructions regarding management should be followed carefully: see also the tabulated instructions on page 39. When making soup in a pressure cooker, it is very important to see that the cooker is not more than half-filled. If a large quantity is desired, the concentrated soup can be diluted with water or stock before serving.

This method of cooking also makes it possible to turn coarse and tough types of meat into appetising stews. As the flavour of the meat is slightly altered, it is advisable to take special care with the seasoning and flavouring, making full use of herbs, onions and tomatoes to enrich the taste.

BONE STOCK

2 *lb. bones (uncooked)*
2 *pints cold water*
1 *small onion*
1 *carrot, sliced*
1 *turnip, sliced*
1 *teaspoonful salt*

Wash the bones, breaking up large ones into two or three pieces. Put all the ingredients into the cooker and put on the lid. Bring slowly to pressure, reduce heat and cook steadily for ¾ hour. Allow pressure to drop to zero before removing the lid. Strain and cool the stock, and when it is cold lift off any fat from the top.

HOUSEHOLD STOCK

This differs from bone stock in that it can be made from any left-over pieces of cooked meat or any bones, raw or cooked. It is made in exactly the same way as bone stock.

Note: The following ingredients should not be added to stock or it will become cloudy and will not keep: starch such as bread, potatoes or pulses; green vegetables; milk.

BROWN VEGETABLE SOUP

1 *potato*
1 *carrot*
½ *turnip*
1 *onion*
2 *small pieces of celery*
2 *tomatoes*
½ *oz. dripping*
1 *pint stock or water*
Salt and pepper
½ *oz. flour*

Fry the sliced vegetables in the hot fat till brown, then add the stock, salt and pepper. Put on the lid, bring to pressure steadily, then lower the heat and cook for 12 minutes. Allow pressure to drop.

Sieve the soup and return to the cooker, adding the flour mixed to a smooth paste with a little water; stir and boil for 5 minutes with the lid off.

CELERY SOUP

1 head of celery
1 small onion
1 potato
¾ pint stock or water
A bunch of herbs
Salt and pepper
1 oz. flour
¼ pint milk
½ oz. margarine
Croutons of fried bread or toast

Wash and cut up the celery, onion and potato. Put into the cooker with the liquid, bunch of herbs and seasoning. Put on the lid and bring steadily up to pressure. Lower the heat and cook for 15 minutes. Sieve the soup. Blend the flour with the milk, add to the sieved mixture, return to the pan and bring slowly to the boil. Add the margarine, re-season and serve with croutons of fried bread or toast.

POTATO SOUP

½ oz. dripping or margarine
1 lb. potatoes
1 onion
1 small piece of celery
1 pint water
Salt and pepper
¼ pint milk
Chopped parsley

Melt the dripping in the cooker. Cut the potatoes, onion and celery into small pieces and fry them in the hot fat for 5 minutes, taking care they do not brown. Add the water, salt and pepper. Put on the lid, bring steadily to pressure, lower the heat and cook for 3 minutes. Allow pressure to drop and then open cooker.

Sieve the soup and add the milk, re-heat and season to taste. Garnish with the chopped parsley.

CHICKEN SOUP

1 fowl (3 or 4 lbs.)
1 teaspoon salt (level)
1 peeled onion sliced
1 cup chopped celery
⅛ teaspoon nutmeg or mace
½ teaspoon meat extract
½ teaspoon pepper
1 quart cold water

Singe, clean and disjoin the fowl, place in the pressure cooker with all the remaining ingredients. Close the cooker, bring slowly to pressure and cook for 30 minutes. Cool soup stock and remove the fat. Store until required for use in a covered glass jar in refrigerator. When required for serving dilute with equal quantity of hot water.

The chicken meat left over may be used for salid, sandwiches, etc.

PORK, PEA AND EGG SOUP

¼ lb. lean pork or beef
½ cup shelled green peas
½ lb. tomatoes
2 eggs
1½ pints stock or water
1 dessertspoon oil or fat

Mince the meat finely and fry in the oil made smoking hot in cooker without lid. Stir and when the mince falls easily apart, add stock and peas. Adjust pressure cooker lid. Pressure for four minutes, reduce pressure and remove lid of pressure cooker, then add tomatoes cut into small chunks. Beat eggs lightly, add to soup and stir well over heat. Add salt and pepper to taste, sprinkle with finely chopped spring onions before serving.

LENTIL, HARICOT BEAN OR SPLIT PEA SOUP

½ *oz. dripping or margarine*
1 *onion*
1 *carrot*
2 *medium-sized potatoes*
¼ *lb. (dry weight) lentils, peas or beans, previously soaked*
1½ *pints stock or water*
Salt and pepper
A bunch of herbs
½ *oz. flour*
¼ *pint milk*

Melt the dripping in the cooker. Cut up the vegetables and saute in the fat with the lentils, peas or beans. Add the stock or water, salt and pepper and herbs. Put on the lid, bring steadily to pressure, lower the heat and cook for 15 minutes. Remove from heat and allow pressure to drop to zero.

Sieve and re-heat the soup. Blend the flour with the milk, add to the soup, bring to the boil and boil steadily for 3-4 minutes.

FISH SOUP

1 *(3 or 4 lb.) haddock, cod, or any white fleshed fish*
1 *quart cold water*
1 *small onion sliced*
2 *sprigs parsley*
½ *cup sliced carrot*
½ *cup diced celery and celery tops*
½ *bay leaf*
½ *red pepper*
2 *cloves*
¾ *teasp. salt*

Clean and thoroughly wash the fish. Leave on the head and tail. Cut the fish in 4 or 5 pieces; put into the pressure cooker. Add all the remaining ingredients; bring to pressure and process 20 minutes. Strain through a fine sieve. Dilute before using with 1 cup water or liquid in which vegetables have been cooked. Stir in a pint of milk and thicken with 2 tablespoons each of flour and butter rubbed together. Bring to boiling point and simmer for 5 minutes. Serve garnished with small croutons and finely chopped parsley. Serves 10.

Note: For oyster soup, add oysters just before serving. An excellent fish soup can be made from the heads, tails, bones, and trimmings of fish.

SCOTCH BROTH

1 *lb. scrag-end mutton*
1 *small carrot*
1 *onion*
1 *turnip*
1½ *pints water*
Salt and pepper
1 *oz. pearl barley*
Chopped parsley

Cut the meat into small pieces and remove any surplus fat. Cut the vegetables into dice. Place meat and vegetables in the cooker, add water, salt and pepper and barley. Put on the lid and bring steadily to pressure, lower the heat and cook for 20 minutes. Remove from the heat and allow the pressure to drop. Open the lid and skim the surface of the soup to remove any fat. Pour the soup into a tureen and sprinkle with chopped parsley.

OXTAIL SOUP

1 *oxtail*
2 *onions*
1 *carrot*
2 *sticks of celery*
1 *oz. dripping*
3-4 *pints stock*
1 *oz. bacon*
A bunch of herbs
Salt and pepper
1 *oz. flour*
A little port wine (optional)
A squeeze of lemon juice

Wash and joint the oxtail and dry it. Prepare and cut up the vegetables. Melt the fat in the pan and sauté the oxtail and vegetables. Cover with stock and bring to the boil, add the bacon, herbs and seasoning, put on the lid and bring to pressure. Lower the heat and keep at the pressure for 45 minutes, then reduce the pressure. Strain the stock, cut all meat off the bones and return it to the stock, with extra seasoning as required. Return the soup to the pan and boil. Thicken with the flour blended with port wine or water and boil for 5 minutes, adding a squeeze of lemon juice.

HARICOT MUTTON

1 lb. neck of mutton
½ oz. dripping
1 onion
½ pint stock or water
2 carrots
1 turnip
1 cup haricot beans, previously cooked (see page 29)
Salt and pepper
½ oz. flour

Prepare and trim the meat, removing most of the fat. Melt the dripping and fry the meat and sliced onion. Add the liquid and stir till the mixture comes to the boil. Add the rest of the vegetables, cut into neat dice, together with the beans, salt and pepper. Place the lid on the cooker, bring to pressure, lower the heat and cook for 15 minutes. Allow the pressure to drop gradually to normal, then open up the pan.

Blend the flour with a little cold water, put into the stew, bring to the boil and boil for 5 minutes.

IRISH STEW

1 lb. neck of mutton
3 onions
1½ lb. potatoes
½ pint water
Salt and pepper
Chopped parsley

Prepare the meat and cut into neat joints, removing most of the fat. Cut the onions into rings and slice the potatoes. Place the meat and vegetables in the cooker with the water, salt and pepper. Fix the lid and bring to pressure, lower the heat and cook for 15 minutes. Allow the pressure to drop gradually to normal. Sprinkle the stew with chopped parsley and serve.

STEWED LIVER

¾ lb. liver
2 oz. bacon
1 oz. dripping or cooking fat
1 onion
½ pint stock or water
Salt and pepper
½ oz. flour

Slice the liver and cut up the bacon. Melt the fat in the cooker and fry the liver and bacon very lightly, with the chopped onion. Add the liquid and seasoning. Fix the lid, bring to pressure, lower the heat and cook for 8 minutes, then reduce the pressure and remove the lid. Blend the flour with a very little cold stock or water and add to the liquid in the cooker, bring to the boil and cook for 3 minutes.

STEWED OXTAIL

1 *oz. dripping*
1 *oxtail*
¾ *pint water*
1 *carrot*
1 *onion*
1 *turnip*
A bunch of herbs
A blade of mace
Salt and pepper
1 *oz. flour*

Melt the dripping in the cooker. Wash the oxtail, divide into joints, and fry in the hot fat until lightly browned. Add the water, vegetables (diced), herbs, mace, salt and pepper. Fix the lid, bring to pressure and lower the heat. Cook for 30-35 minutes. Reduce pressure. Remove lid, blend flour with a little cold water, add to the liquid, bring to boil, and cook until thick.

BEEF OLIVES

1 *lb. stewing steak (or whale meat)*
1 *oz. dripping or cooking fat*
1 *onion*
1 *carrot*
1 *turnip*
½ *pint stock or water*
Bay leaf
Salt and pepper
1 *oz. flour*
Chopped parsley

For the forcemeat

3 *oz. breadcrumbs*
1 *oz. chopped suet*
1 *tablespoonful chopped parsley*
1 *teaspoonful mixed herbs*
Salt and pepper
A little milk or water

Make the forcemeat by mixing together the breadcrumbs, suet, parsley, herbs and seasoning, and bind together with a little milk or water. Wash the steak and cut it into thin strips, and spread each one with forcemeat. Roll up and tie securely. Melt the dripping in the cooker, and fry the sliced onion till brown. Put in the meat rolls and fry until brown on either side. Add the sliced carrot and turnip, the liquid, the bay leaf, salt and pepper. Fix the lid and bring to pressure, lower the heat and cook for 20 minutes. Allow the pressure to drop gradually, then remove the lid. Blend the flour with a little water. Lift out the beef olives and put them on to a hot dish. Add the blended flour to the stew, bring to the boil and cook for a few minutes, to thicken the sauce. Pour over the olives and garnish with parsley.

STEWED RABBIT

1 *rabbit*
2 *slices bacon (optional)*
2 *onions*
¾ *pint water or stock*
Salt and pepper
A bunch of herbs
1 *oz. flour*
¼ *pint milk*
Chopped parsley

Wash and joint the rabbit. Place it in the bottom of the cooker, with the bacon, sliced onions, liquid, salt and pepper and bunch of herbs. Fix the lid and bring to pressure, then lower heat and cook for 15 minutes. Allow the pressure to drop to normal. Open the pan, blend the flour with the milk, stir into the stew, bring to the boil and boil for 5 minutes, stirring all the time.

Serve garnished with chopped parsley.

Cooking Meat in a Pressure Cooker

THERE are two chief advantages of using a pressure pan or cooker for meat — it greatly shortens the cooking time, and it makes the cheaper, poor-quality cuts really tender. Meat that otherwise could not be roasted can be cooked in this way, and provided you take the trouble to brown the outside as directed on page 21, it will look as good as it tastes. Another good point about this way of cooking meat is that a joint is less likely to lose weight and shrink through evaporation. (See page 41 for management of the large cookers.)

BRAISES, FRICASSEES AND STEWS

These dishes are prepared in the usual way with the exception of the amount of water or stock to be added. Normally, with the long slow cooking required for these foods, a good deal of water is added to allow for evaporation. However, in pressure cooking, this evaporation does not take place, and, therefore, the exact amount of liquid required as gravy at the completion of the cooking should be added.

Vegetables to be served as part of a stew or braise may be added at the commencement of the cooking, or, if preferred, 5 minutes before the cooking time is completed.

For a brown stew or braise, flour and season the meat and brown with the onions in a frying pan. Pressure cook with at least 3 tablespoonfuls of water.

At no time have the cooker more than half filled with a liquid for stew or soup. If a large quantity of soup is required, add only half the stock for the actual pressuring and the rest on completion of the cooking.

If vegetables are to be served separately from the stew or braise, place in greaseproof paper and add to cooker 5 minutes before cooking time is completed.

If extra thickening is required for a stew, this should be added after the cooking is completed.

ROASTING

This method is suitable for poultry and game, as well as meat.

Meat for roasting should be browned before pressured. The importance of browning is that unless meat is sealed in this way, much of the juice will be extracted during the pressuring. The pressure cooker may be used for this purpose, but a baking dish or frying pan may be found more convenient as the shape of some cookers makes turning of large joints rather difficult. The browning may be done either on top of the range or in the oven, or under the griller.

Although a little fat may be used for browning, no fat need be added during the actual pressuring.

Only 3 to 4 tablespoonfuls of water should be used and the browned meat placed on the rack of the cooker.

After pressuring for the re-

quired time (12 to 14 minutes to the pound, depending on the quality of the meat), although still browned, the meat will not be crisp. If a crisp result is desired, the meat may then be replaced in the baking dish used previously for browning and put into a hot oven under the griller for 5 or 6 minutes for the purpose of crisping.

If cooking a complete baked dinner, comprising baked vegetables as well as greens, the baked vegetables should be placed in the cooker with the meat about 5 minutes before the cooking time for the meat is completed, and these vegetables also removed to the baking dish for browning. At this stage, the remaining vegetables may be pressured. It is not necessary to use fresh water for these vegetables, but be sure there is at least ½ cup of water remaining in the cooker. The baking dish should be used for the making of gravy, and liquid left in the cooker will make an excellent base.

When pressure cooking a roast, the gauge should be placed on the cooker immediately. Do not wait for a flow of steam through the vent. The amount of water used for roasting is so small that there should be no evaporation through steam.

BOILED BEEF AND DUMPLINGS

2 lb. boiling beef (topside, silverside or brisket)
1 pint water
2 large carrots
2 onions
1 turnip
Salt and pepper
Dumplings (see below)

Corned beef should be soaked for at least 1 hour—longer if possible.

Leaner cuts of meat will give better results for pressure cooking, and any excess fat should be removed.

Wipe the meat, place it in the bottom of the cooker and half-cover with the water. Add the vegetables (cut into large pieces or left whole, as preferred) and season with salt and pepper. Fix the lid, bring to pressure, lower the heat and cook for 25 minutes. Allow the pressure to drop gradually to zero and remove the lid.

Drop in the dumplings (making sure the liquid is boiling) and put on the lid, but do not clamp down, as it is better to cook the dumplings without pressure. Cook them rapidly for 10 minutes. Do not thicken the gravy.

DUMPLINGS

1 oz. chopped suet or margarine
4 oz. flour
1 teaspoonful baking powder
A pinch of salt
Water to mix

Add the suet to the flour, or rub in the margarine. Add the baking powder and salt. Mix to a stiff dough with the water and roll into small balls.

Note: Make the dumplings just before they are to be cooked.

COOKING OF TRIPE

Remove rack from cooker. Cut the tripe into small pieces and cover with water in the bottom of the cooker, add salt and pres-

sure for 5 minutes. Cool cooker, and when this water is poured off the tripe will be a good colour and all excess fat will have been removed. Then cover with milk, add onion and potato (if desired) and pressure for a further 10 or 15 minutes. Thicken without the lid and add parsley. Vegetables may be cooked with tripe by placing them in greaseproof paper and adding to the cooker 5 minutes before the final cooking time for the tripe is completed.

STEAK AND KIDNEY PUDDING

¾ lb. stewing steak
¼ lb. kidney
1 oz. seasoned flour
¼ pint water

For the suet-crust pastry

8 oz. self-raising flour
½ teaspoonful salt
2-3 oz. cooking fat or suet
Water to mix

Cut the meat and the kidney into ½-inch squares, coat well with seasoned flour and put with the water into a basin. Stand on a rack over ½ pint water in the bottom of the cooker, put on the lid, bring to pressure, reduce the heat and cook for 10 minutes. While the meat is cooking, make the pastry. Mix all the dry ingredients together, add enough water to form a firm paste and roll two-thirds of the paste into a round to line a well-greased basin. Fill with the meat (allow to cool first) and the gravy. Top with the remaining one-third of the pastry and cover with greased greaseproof paper and a pudding cloth.

Pour 2 pints of water into the cooker, bring to the boil and put in the pudding, standing on the rack. Put on the lid but **do not put the weight** on. Place on a high heat and let steam come out for 30 minutes. Put on the weight, bring to pressure, lower the heat and cook 25—30 minutes. Release the pressure gradually.

STUFFED SHEEP'S HEARTS

4 sheep's hearts
1 oz. fat
½ pint stock or water
Salt and pepper
1 oz. flour

For the stuffing

2 oz. breadcrumbs
1 oz. suet or margarine (finely chopped or shredded)
½ teaspoonful mixed herbs
1 teaspoonful chopped parsley
Seasoning
½ an egg

Wash the hearts, remove the fat around them and divide each heart into two. Make the stuffing by mixing all the ingredients until they bind well together, adding a little milk if necessary. Put a layer of stuffing between the two halves of each heart and tie together. Heat the fat in the cooker and fry the hearts for 5 minutes, then lift them on to the rack. Add the liquid and seasoning. Fix the lid, bring to pressure, lower the heat and cook for 15 minutes, then allow the pressure to drop gradually.

Put hearts on to a hot dish. Blend the flour with a little cold water, stir into the liquid in the cooker, bring to the boil and cook until thickened. Pour the sauce over the hearts in the dish.

MEAT SHAPE

¾ lb. minced raw beef
1 onion, minced
1 carrot, minced
4 oz. breadcrumbs
½ teaspoonful mixed herbs
½ teaspoonful sage
2 teaspoonfuls salt
Pepper
1 egg
2 tablespoonfuls milk

Put all the dry ingredients into a bowl, add the egg and milk and mix well. Form into a roll, then wrap in greased greaseproof paper (or grease a basin or mould, put in the mixture and cover the basin with greased greaseproof paper). Put ½ pint water in the cooker and place the basin or roll on the rack. Fix the lid, bring to pressure, lower the heat and cook for 20 minutes. Reduce the pressure gradually.

SHEEP'S TONGUES

If salted soak ½ hour. Place on rack in pan or cooker. Add ½ cup water for small pressure pans or 1 cup for large ones and pressure 25 minutes. When cool skin and cut off excess parts. Make melted butter sauce and serve in the usual way.

RABBIT AND MUSHROOM GALANTINE

1 rabbit
6 oz. sausage-meat
4 oz. breadcrumbs
Nutmeg
Black pepper
Salt
6-8 small mushrooms, peeled and chopped
Grated lemon rind
2 teaspoonfuls chopped parsley
1 egg
Stock
Pieces of onion, carrot and turnip
Glaze or brown crumbs

Bone and mince the rabbit, and mix with the sausage-meat, breadcrumbs, nutmeg, seasonings, chopped mushrooms, lemon rind and parsley. Add the beaten egg and sufficient stock to moisten. Form into a roll and tie in a pudding cloth like a roly-poly. Put 2 pints of water in the pan, with the sliced vegetables and the rabbit bones. Stand the roll on a rack and put on the lid. Bring to pressure and keep at the pressure for 30 minutes, then reduce the pressure and remove the roll from the pan. Re-roll in a clean cloth and press between two dishes, with a weight on top, until cold. Take off the cloth and glaze, or toss in brown crumbs. When cold, slice and serve with a green salad.

HAMBURGERS

½ lb. minced beef
1 small onion
1 small potato
1 tablespoonful chopped parsley
1 egg
Salt and pepper
A pinch of nutmeg
Egg and breadcrumbs
1 oz. dripping
⅛ pint stock or water

Mince the beef, chop the onion finely and grate the potato. Put with the parsley, egg and seasonings into a bowl and mix very well. Form into small rounds and roll in egg and crisp bread-

crumbs. Heat the dripping in the bottom of the cooker, fry the Hamburgers on both sides until they are brown and the fat is absorbed, then lift on to the rack. Cool the pan slightly, then add the stock or water. Put on the lid, bring to pressure, lower the heat and cook for 10 minutes. Reduce the pressure immediately.

SEASONED STEAK ROLL

1½ lbs. Skirt steak (in one piece)
Seasoning

Place Steak flat and spread with seasoning. Roll up and tie with string. Roll in seasoned flour. Brown with small quantity of fat in bottom of cooker. Raise on to rack, add ¾ cup of hot water, bring to pressure and process 20 minutes. Make gravy by thickening liquid in cooker.

CHICKEN OR RABBIT SAVOURY

1 Chicken or rabbit (3 lbs.)
1 teaspoon salt
1½ teaspoons paprika
1 peeled sliced onion
3 tablespoons butter or margarine
1 cup tomato juice

Clean, wash, dry and section meat, then dust all over with salt and paprika mixed together. Brown in base of cooker with butter, with onion added. Place tomato juice in cooker and put in rack. Put meat on rack, close cooker, bring to pressure and process 25 minutes. Make gravy from liquid in cooker.

HAM AND EGG TEASERS

Grease small individual moulds. Put ½" of chopped ham in bottom of each. Break a whole egg into each. Sprinkle with salt and pepper. Put rack in cooker with ½ cup water. Put in moulds, bring to pressure and time for 6 minutes. Unmould on to slices of tomato and place on rounds of buttered toast.

ROAST MEAT AND POULTRY

In a Pressure Saucepan

1. Wipe the meat and coat with seasoned flour.

2. Melt 1 tablespoonful of fat (just enough to cover the bottom of the pan).

3. When the fat is smoking hot, fry the meat on all sides, to seal and brown it. Nearly all the fat will be absorbed by the meat, but any surplus should be poured off.

4. Lift out the meat and put it on to a rack.

5. Add ¼ pint water, taking care that it does not splutter. Put the meat back into the pan on the rack.

6. Bring to pressure and cook for the time shown on the chart on next page.

In a Large Cooker

(At present not available in Australia)

1. Wipe the meat and coat with seasoned flour.

2. Heat 1—2 tablespoonfuls of fat in the bottom of the pan with the lid off.

3. Fry the meat lightly on all sides, until it is a good brown.

4. Leave in the fat (it is not necessary to add any liquor), clamp down and bring to the required pressure—never more than 15 lb. pressure—then re-adjust the whistle and maintain at the pressure for the required time, according to the chart.

TABLE FOR ROASTING MEAT, POULTRY, GAME

Meat or Bird	*Time in Minutes per lb.*
Beef	9
Lamb or Mutton	10
Veal	12
Pork	12
Chicken	8
Turkey	9
Goose	9
Wild Duck	7

(*Cook at 15 lb. pressure, and adjust time according to the weight, thickness and toughness of the joint or bird.*)

On this and the next two pages are shown the chief operations in using Pressure Cookers. Details vary somewhat for the different makes. Above: Place food and water in pan and fix lid. Adjust heat "high." Below: When a steady flow of steam is visible put weight firmly on Vent Pipe (or make equivalent adjustments, according to the type of pan).

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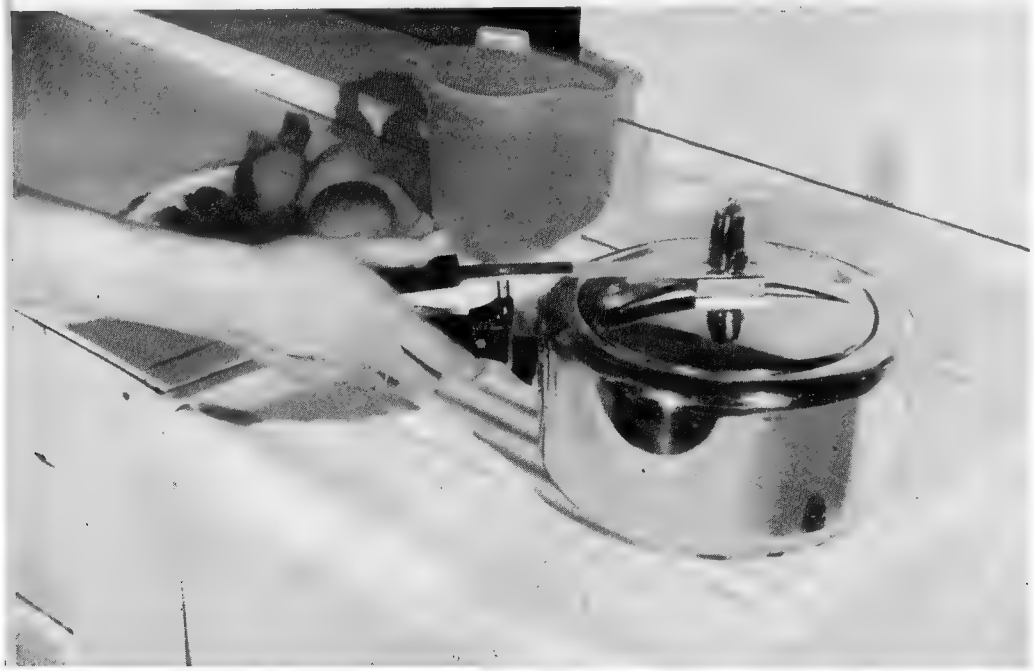
Directly a loud hiss is heard, turn heat "low" and begin timing. With an electric stove set the pan slightly off hot-plate, if necessary, but a gentle hiss should be heard throughout the cooking. When the time is up, remove the pan from the heat. With stock and a few other foods allow pressure to drop gradually. To see whether pressure is reduced, slightly raise the weight (or other pressure device according to the pan). If there is any escape of steam, leave pan a little longer until no steam escapes, before opening it up.



For the quicker method of cooling, which is used for the majority of foods, pour cold water over the pan, then test it as instructed.

Never open the pan while there is still any pressure. Remove the weight or make other necessary adjustments, and take off the cover.

Above are types of Pressure Saucepans at present available in Australia, and some fruits that have been preserved in the Pressure Saucepan

Left-hand side: Genie, Stromberg Carlson, Hawkins.

Right-hand side: Namco (Cooker Canner), *Prestige and Namco* (7-pint).

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Vegetables

PRESSURE COOKERY is excellent for root vegetables, which in a very short time become tender and evenly-cooked right through, while still conserving their full flavour. A mixture of such vegetables can easily be cooked in a pressure cooker, and **provided that the sizes of the pieces are suitably adjusted,** it is quite possible to have them all ready at the same time. Artichokes are particularly good cooked in a pressure cooker, and they may be put in unpeeled—the skins will slip off easily after cooking.

As green vegetables cook in so short a time by the ordinary modern method (i.e., shredding, then cooking in a very small amount of boiling salted water in a covered pan for a short time), many people find it just as easy to do them in this way instead of under pressure.

If you like vegetables to be well seasoned with salt, you can if you wish, put them right in the water. When the rack is used (the more usual method) add 1 heaped teaspoonful salt to 1 pint of water.

Here are directions for cooking various vegetables, as well as a number of vegetable dishes. These instructions are for quantities sufficient to give 4 servings.

BEETROOT

Remove the leaves or small roots, without cutting the beetroot. Place them on the rack with salt, and add 1 pint water. Fix on the lid, bring up to pressure, then lower the heat and cook for 10—35 minutes, according to age and size; reduce the pressure immediately. When cold, peel and cut into slices.

BEETROOT—Method 2.

Peel and slice beetroot finely. Place in bottom of cooker without rack. Pour over ¾ cup salted water and pressure 3—5 minutes. Allow pressure to drop slowly.

CARROTS

Wash well, and scrape or peel. Leave the carrots whole, if young, and cut old ones into cubes or rings. Place them on the rack with some salt, and add ¼ pint water. Fix the lid and bring up to pressure; lower the heat and cook for 2—8 minutes, according to the size and age of carrots (young whole carrots and diced carrots take 2—3 minutes, whereas large whole carrots take 8 minutes). Reduce the pressure immediately and serve at once, tossed in a little margarine and chopped parsley.

POTATOES

Wash and peel the potatoes and cut into even-sized pieces. Place on a rack with salt, and add ¼ pint water. Fix the lid and bring up to pressure, lower the heat and cook for 8 minutes (longer for large potatoes). Remove the cooker from the heat and allow the pressure to drop gradually: this makes the potatoes more 'floury" than when the pressure is reduced immediately. If cooking potatoes with peas, slice thinly or dice and both will take 5 minutes.

TURNIPS AND SWEDES

Wash and peel the turnips and cut into small cubes. Place on a rack with salt, and add ¼ pint water. Fix on the lid and bring up to pressure. Lower the heat and cook for 4—6 minutes, then reduce the pressure immediately and serve. Swedes may be mashed: add a little pepper and salt and a knob of margarine.

ONIONS

Wash well, and remove outside skin. If very large, halve or quarter. Place on the rack with some salt, and add ¼ pint of water. Fix the lid, bring up to pressure, lower the heat and cook for 6 minutes. Reduce the pressure immediately, and serve with a good white sauce.

GREEN PEAS

Shell the peas, wash them and place in the pan with a little salt, some sugar, a sprig of mint and ¼ pint water. Fix the lid and bring up to pressure. Lower the heat and cook for 1—2 minutes, according to age of the peas, then reduce the pressure immediately and serve.

CABBAGE AND OTHER GREEN VEGETABLES

Remove the outer leaves of the cabbage, divide into quarters and wash well. Shred the cabbage finely and place on the rack in the pressure pan, adding ½ pint water and some salt. Fix the lid and bring up to pressure, lower the heat and cook for about 2 minutes. Reduce the pressure immediately and serve the cabbage at once: a little grated nutmeg may be sprinkled over it.

SPINACH

Wash well and remove the stems. Put into the pan with salt and ¼ pint water. Fix on the lid, bring up to pressure, lower the heat and cook for 1—2 minutes. Reduce the pressure immediately. Mash or sieve the spinach with a little margarine; serve very hot.

LENTILS, HARICOT BEANS AND SPLIT PEAS

Soak the lentils, beans or peas overnight, adding a pinch of bicarbonate of soda to the water. Rinse, and place them in the pressure pan (with no rack), add some salt and sufficient water to cover. Fix on the lid and bring up to pressure, then lower the heat and cook, allowing 10 minutes for lentils, 15 minutes for split peas and 20 minutes for haricot beans. Gradually reduce the pressure, strain and serve.

Note: If the lentils or beans are soaked for 1 hour only, double the cooking time.

BRAISED VEGETABLES

The vegetables most suitable for braising are carrots, turnips, parsnips, celery and onions.

For every lb. of vegetables, place 1 oz. dripping in the pressure pan, and sauté the vegetables over a low heat until the fat has been absorbed. Add ½ pint brown stock, fix on the lid and bring up to pressure. Lower the heat and cook for the time required by the various vegetables; reduce the pressure immediately and thicken the stock, allowing 1 oz. flour to every ½ pint of liquid.

LEEK AND CELERY CHEESE

1 lb. leeks
8-10 sticks of celery
Salt
2 oz. margarine
2 oz. flour
¾ pint milk
¼ pint vegetable liquor
Seasoning
½ teaspoonful mustard
2 oz. grated cheese

Prepare the vegetables by washing and soaking the leeks and cutting in half lengthways, and scrubbing the celery. Put ½ pint water in the pan, stand the vegetables on the rack, sprinkle with salt and put on the lid. Bring the pan to pressure and allow to remain at the pressure for 4 minutes; reduce the pressure and place the vegetables in a fireproof dish.

Melt the margarine in the pan, add the flour, then gradually add the liquid, stirring all the time. Boil for 3 minutes, season well, and add the mustard. Remove from the heat and add the cheese, leaving a little for sprinkling on the top. Coat the vegetables with the cheese sauce and sprinkle with cheese. Brown under the grill.

LENTIL AND TOMATO RISSOLES

¾ lb. lentils
1 small onion
1 oz. butter or margarine
1 oz. flour
Salt and pepper
1 teaspoonful vegetable extract
2 tablespoonfuls tinned tomato pulp
Egg and breadcrumbs
Fat for frying

Wash the lentils and put them into the pressure pan with ½ pint of water. Bring to pressure and keep at the pressure for 15 minutes, then remove from the pan and strain. Fry the onion in the fat, add the flour and cook until brown, stir in ¼ pint of lentil water and bring to the boil. Season, and add the vegetable extract and fried onion. Put the lentils and tomato pulp into the sauce, cook for a few minutes, then turn on to a floured plate and allow to cool. Shape into rissoles, coat with egg and breadcrumbs and fry in smoking hot fat. Drain well, and serve with brown or tomato sauce.

STUFFED ONIONS

4 large Spanish onions
2 sheep's kidneys
¼ teaspoonful mixed herbs
Salt and pepper
¾ pint brown stock
1 tablespoonful flour

Peel the onions, scoop out the centres and fill with chopped kidney, herbs and seasonings, well mixed. Put into the pressure pan and add the stock; bring to pressure, keep at the pressure for 10 minutes, then reduce the pressure. Remove the onions from the pan, put into a casserole and keep hot. Thicken the stock with the flour (blended with water) and boil for 2—3 minutes, re-season if necessary, and pour round the onions.

STUFFED TOMATOES

Medium sized tomatoes
Breadcrumbs
Salt and pepper
Cheese
Chopped Parsley

Slice off the top of the tomatoes, scrape out centre and fill with the bread stuffing mixed with centres of the tomatoes. Sprinkle the top with grated cheese.

Place ½ cup of water in bottom of the cooker, then put tomatoes on the rack, close cooker and bring to pressure and then cool at once.

STUFFED CABBAGE

1 medium sized cabbage
2 cups soft breadcrumbs
1 cup minced cooked meat
1 teaspoon herbs
Salt and pepper
1 teaspoon onion juice
1 tablespoon fat

Cut stalk from firm cabbage. Scoop out the centre, shred finely and mix with rest of stuffing. Fill the cabbage centre. Place stalk in and tie down with string. Cover whole in cheese cloth. Place on rack in cooker with 1 cup of water, and pressure for ½ hour.

A couple of rashers of bacon spread on top of the stuffing improve the flavour.

STUFFED POTATOES

6 large potatoes, scrubbed
1 tablespoonful dripping
1 onion, finely chopped
3 oz. minced cooked meat
Seasoning
1 tablespoonful chutney or sauce
Slices of tomatoes
1 oz. margarine

Put ¼ pint of water in the pan, put the potatoes on the rack, fix the lid and bring to pressure; keep at the pressure for 15 minutes, then reduce the pressure and remove the potatoes, discarding the liquor. Cut a slice off the top of each potato and scoop out the centres, putting these into a bowl and keeping the skins. Melt the dripping in the pan and fry the onion, and add the meat, mashed potato, seasoning and chutney or sauce. If the mixture is very dry, moisten it with a little milk. Stuff the mixture into the potato cases, put a slice of tomato on top of each, sprinkle with salt and pepper, put a knob of fat on each and re-heat and brown under the grill.

Puddings, Cakes and Cereals

PUDDINGS

SUET puddings and such sweets as Sultana or Christmas Pudding may be cooked satisfactorily under pressure. Any ordinary recipe may be used, the time being reduced to approximately one-third of that normally required, though this will vary, of course, with the size of the pudding and whether it is cooked in a basin or a cloth. In the smaller cookers, the best result is obtained if the pudding is steamed without pressure for the first part of the time. Detailed instructions are given opposite.

It is not advisable to steam very light sponge mixtures and soufflés under pressure. For these the pressure pan or cooker may, however, be used as an ordinary saucepan: stand the pudding on

the rack over boiling water, put on the lid but do not bring to pressure, and cook for the usual time.

Fruit, both fresh and dried, may be cooked quickly and easily under pressure, and the saving in time is particularly valuable with such things as figs and hard cooking pears.

Pressure-cooked fruit is especially good, because the fruit is cooked in a comparatively small quantity of water, and therefore the juice is full of flavour.

CAKES

There are two ways in which cakes may be cooked under pressure. By the first method the cakes are steamed, either in a pressure pan or in one of the larger cookers. This gives a moist type of cake, somewhat similar to gingerbread—indeed, gingerbread is one of the cakes that can most successfully be cooked in this way. When the steaming is finished, the cake may be put under a grill for a few minutes, to dry the top.

The second method involves a combination of steaming and baking, and requires a large pressure cooker, which can be operated at a greater heat. This enables even the "bachelor girl" in a room equipped only with a gas-ring to enjoy home-made cakes, while other housewives will benefit by the very appreciable saving of fuel, since the oven need no longer be put on just for one cake. Any normal cake recipe may be used for this method.

CEREALS

The use of a pressure cooker greatly reduces the cooking time needed for such cereals as macaroni, barley and oatmeal. Three typical recipes are given on page 36.

RULES FOR COOKING PUDDINGS UNDER PRESSURE

1. Never fill basins more than three-quarters full, and cover with both greased paper and a pudding cloth.

2. The water in the bottom of the cooker **must be boiling** before the pudding is put in.

3. The pressure must be released **immediately** the cooking time is up, and not allowed to revert slowly to zero.

4. For an average-sized pudding the time required is about one-third of that needed for cooking by ordinary methods.

5. In the larger cookers, avoid raising the pressure above 20 lb., as too high a pressure makes a heavy pudding.

STEAMED FRUIT PUDDING

8 oz. flour (plain)
A pinch of salt
½ teaspoonful baking powder
2-4 oz. margarine or suet
Cold water
1½ lb. apples, gooseberries or rhubarb, etc.
4-5 oz. sugar

Sieve the flour, salt and baking powder together. Rub in the margarine or add the chopped suet and mix to a firm dough with cold water. Turn on to a floured board, cut off one-third of the dough and reserve for the top. Roll out the larger piece and line a greased basin with it. Fill up with the prepared fruit, sprinkle with sugar and add a little water. Top with the remaining piece of pastry. Cover with a double piece of greased paper, stand on the rack in the cooker in 2 pints of boiling water, and fix the lid. Bring to pressure, lower the heat and cook for 30 minutes. Reduce the pressure immediately.

JAM ROLY-POLY

½ lb. suetcrust (see Steamed Fruit Pudding)
Jam

Prepare the suetcrust pastry, making the dough firm enough to roll out into an oblong shape about ¼ inch thick. Spread with jam, roll up, pressing the edges firmly together, then roll in greased paper and in a floured pudding cloth, tying the ends firmly. Stand the pudding on the rack and add 2 pints boiling water. Fix the lid, but do not bring to pressure. Steam for 10 minutes, then bring to pressure; lower the heat and cook for 15 minutes. Reduce the pressure immediately. Serve with Custard Sauce.

CHRISTMAS PUDDING

4 oz. raisins, stoned
4 oz. currants
4 oz. sultanas, stoned
2 oz. mixed peel, chopped
3 oz. flour
3 oz. breadcrumbs
4 oz. chopped suet
4 oz. sugar
1 good tablespoonful syrup or black treacle
1-2 eggs
1 teaspoonful mixed spice
½ teaspoonful grated nutmeg
1 teaspoonful almond essence
Grated rind and juice of 1 lemon or
1 teaspoonful lemon essence
Grated rind and juice of 1 orange
3 tablespoonfuls brandy, ale or milk to mix

Grease one large pudding basin thoroughly. Wash the fruit and dry it slowly overnight. Mix all the dry ingredients together and add the fruit, then the eggs, syrup or treacle, spices and essences or fruit rind and juice, and enough milk or brandy to give a firm consistency. Stir thoroughly, and leave to stand overnight. Mix again, place in the greased basin, without pressing down, and cover tightly with greased paper and a pudding cloth. Place on the rack in the cooker, and put in 2½ pints boiling water. Fix the lid, **but do not bring to pressure,** steam rapidly for 30 minutes then bring to pressure. Lower heat and cook for 1½ hours. Reduce the pressure at once. Take off the paper and cloth, put on clean paper and cloth, tie down and store in a cool place until required. Before serving cook at 15 lb. pressure for 25 minutes; release the pressure immediately. Serve with Custard or Brandy Sauce.

SPICED SULTANA PUDDING

4 oz. self-raising flour
1½-2 ozs. margarine or suet
2 oz. breadcrumbs
2 oz. sugar
1 level teaspoonful mixed spice
2 oz. sultanas
1 egg
Milk to mix

Sieve the flour, rub in the fat or add the chopped suet, then add the breadcrumbs, sugar and spice. Add the sultanas, and mix to a soft dropping consistency with the egg and milk. Turn into a well-greased basin or mould, cover with greased paper and a pudding cloth and stand the basin on the rack in the cooker in 2 pints boiling water. Fix the lid, but do not bring to pressure. Steam rapidly for 20 minutes, then bring to pressure; lower the heat and cook for 20 minutes. Reduce pressure at once.

CUP CUSTARD

2 large or 3 small eggs
2 tablespoons sugar
1/3 teaspoon vanilla
2 cups heated milk
½ cup hot water

Beat the eggs and sugar together, until well mixed. Add milk and flavourings. Pour into aluminium custard cups. Put the rack in the cooker. Add hot water. Stand the custards on the rack. Close cooker. Bring to pressure and process 5 minutes. Cool cooker at once and remove custards. Chill, unmould and serve plain, with cream, with sweetened fresh or defrosted frozen fruit, or white chocolatina sauce.

* * *

Honey Custards: Substitute mild flavoured honey for sugar in the above recipe, and use 2 tablespoons less milk.

Coco-nut: When moulds have been filled sprinkle with coco-nut and pressure.

Custards De Luxe: Unmould, pour over ½ tablespoon curacao or any sweet liqueur, top with whipped cream and garnish with shredded toasted almonds.

Chocolate Custards: Add 1½ squares of chocolate and melt with warm milk—make custard as above recipe. Serve with plain or chocolate custard and whipped cream or dairy whip.

TAPIOCA PUDDING

1 pint milk
½ cup quick-cook tapioca
2 eggs
½ cup sugar
½ teaspoon salt
1 teaspoon vanilla
1 cup water

Tapioca pudding calls for a technique different from that of other puddings.

Heat water in pressure pan, stir in tapioca, seal and bring pressure up slowly. Cook 10 minutes. While tapica cooks, beat eggs; add sugar, salt and milk and vanilla, and beat together. Reduce pressure under running water; pour hot tapioca mixture onto the custard mixture, stirring. Return to pressure pan, stirring until the mixture thickens.

* * *

TO COOK FRUIT

Allow approximately ½ cupful water to each lb. fruit.

When cooking fruit pulp, the pressure pan should not be more than half-full.

Average Pressure Cooking Time for Fruit

Apples	2 minutes
Blackberries	Merely bring up to pressure
Black-currants	2 minutes
Cherries	Merely bring up to pressure
Gooseberries	2 minutes
Pears (ripe)	2—3 minutes
Pears (cooking)	8 minutes
Plums	3 minutes
Raspberries	Merely bring up to pressure
Red-currants	Merely bring up to pressure
Rhubarb	Merely bring up to pressure

STEWED FRESH FRUIT

1 lb. fruit
¼ pint water
3-4 oz. sugar
Flavouring

Wash and prepare the fruit, put it on the rack and add the water, sugar and flavouring. Fix the lid and bring to pressure, lower the heat and cook for about 2 minutes, according to the type of fruit (see table above). Reduce the pressure immediately.

STEAMED STUFFED APPLES

4 large cooking apples
Sugar to taste
Chopped dates or sultanas
¼ pint water

Wash and core the apples and with a sharp knife make a skin-deep incision round the centre of each apple. Put a piece of greased paper over the rack and stand the apples on this. Fill the middle of each apple with the sugar and fruit. Put in the water, fix the lid and bring very gradually to pressure; lower the heat and cook for 2—3 minutes. Reduce the pressure immediately.

STEWED DRIED FRUIT

1 lb. dried fruit
½ pint water
2 oz. sugar
A little lemon juice or other flavouring

Wash the fruit and soak in the water for 2 hours. Put into the cooker, without the rack, and add the sugar and flavouring. Fix the lid, bring to pressure, then lower the heat and cook for 5—15 minutes, according to kind (see table below).

Average Pressure Cooking Time for Dried Fruits

Apple Rings	5—10 minutes
Apricots	10 "
Figs	12—15 "
Pears	5—10 "
Prunes	6 "

GINGERBREAD

4 oz. self-raising flour
½ teaspoonful ground ginger
¼ teaspoonful mixed spice
½ teaspoonful bicarbonate of soda
2 oz. sultanas
½ oz. sugar
1 oz. semolina
1 tablespoonful syrup or treacle
1 oz. margarine
6 tablespoonfuls milk to mix

Sieve the flour, ginger, spice and bicarbonate of soda in a bowl. Add the sultanas, sugar and semolina. Melt the syrup and margarine in a pan, taking care not to overheat them. Mix the dry ingredients to a stiff consistency with the melted syrup mixture and add the milk. Turn into a 6-inch greased cake tin—do not fill more than two-thirds full of mixture—and cover with greased greaseproof paper. Stand on the rack in the cooker over 2 pints of boiling water. Fix the lid, but do not bring to pressure. Steam rapidly for 20 minutes, then bring to pressure, lower the heat and cook for 10 minutes. Reduce the pressure at once.

CEREALS

BOILED MACARONI

4 oz. macaroni
¾ pint boiling water
¼ teaspoonful salt

Wash the macaroni. Put the water into the cooker and bring to the boil, then sprinkle the macaroni into the water and add the salt. Fix the lid, bring quickly to pressure, lower the heat and cook for 8 minutes. Allow the pressure to drop gradually.

BOILED RICE (OR RICE SUBSTITUTE)

4 oz. rice
¾ pint boiling water

Cook as for macaroni.

STEAMED CAKES

FRUIT CAKE

3 oz. mixed dried fruit
1½ oz. fat
2 oz. sugar
⅛ pint water
4 oz. self-raising flour
A pinch of salt
¼ teaspoonful mixed spice
A little grated nutmeg
¼ teaspoonful bicarbonate of soda

Put the prepared fruit, fat, sugar and water into a saucepan, bring to the boil, simmer for 10 minutes and allow to cool. Meanwhile sieve together the flour, salt and spices, and dissolve the bicarbonate of soda in a very little water. Mix all ingredients together, stir well and pour quickly into a greased and lined tin. Stand the cake tin on the rack in the cooker over 2 pints of boiling water. Fix the lid, but do not bring to pressure. Steam for 20 minutes, then bring to pressure; lower the heat and cook for 30 minutes. Reduce the pressure at once.

ROLLED OATS

1 cup rolled oats *3 cups water* *½ teaspoonful salt*

Stir rolled oats into boiling water, to which salt has been added, stirring until it comes to the boil. Boil one minute. Place lid on pressure cooker, and when there is a steady flow of steam coming from the vent, place on the gauge and pressure for 10 minutes.

Preserving

JAM-MAKING

MOST jams, marmalades and jellies can be made quite satisfactorily in either a pressure pan or a cooker, so long as a few simple rules are observed. Time and fuel are saved, and the full flavour of the fruit is retained.

Rules for making Preserves in a Pressure Pan or Cooker

1. Do not fill the cooker more than **half-full.**
2. When fruit has to be previously cooked (e.g., in the case of gooseberry or black-currant jam, marmalade and jelly), cook the fruit under pressure.
3. Use **half** the normal quantity of liquid.
4. Cook the fruit under pressure for a **quarter** of the normal time. (As directed in table on page 35.)
5. When the fruit is cooked and the sugar added, do not seal the pan, but use the pressure pan as a normal preserving pan, i.e., without a lid. In other words, never cook the jam under pressure, after the sugar has been added.

In the following section we have included only recipes for jams in which the fruit normally needs long cooking, and not for soft-fruit jams which can be quickly made without pressure cooking. For the latter jams, the pressure pan (without its lid) may be used in the same way as an ordinary preserving pan.

APRICOT JAM

(made with dried fruit)

½ lb. dried apricots
½ pint water
Juice of ½ a lemon
1½ lb. sugar
2 oz. blanched almonds (optional)

Wash the apricots thoroughly. If they are very dry, put them into a basin with the water, cover and soak for 1 hour. Put the fruit into the pressure pan with the water and lemon juice, bring to pressure and keep at the pressure for 10 minutes.

Release the pressure and open up the cooker. Add the sugar and blanched almonds, if used, stir until the sugar has dissolved, then bring to the boil and cook without the lid until the jam sets when tested on a cold plate: stir constantly. Pot and cover immediately.

BLACK-CURRANT JAM

2 *lb. black-currants*
½ *pint water*
3 *lb. sugar*

Remove the stalks from the currants and wash the fruit. Put into the pressure pan with the water, bring to pressure and keep at the pressure for 5 minutes.

Reduce the pressure, add the sugar and stir until dissolved. Bring to the boil, boil rapidly without the lid for 10 minutes, and then test a little on a cold plate for jelling. As soon as it sets, pot and cover.

CHERRY JAM

2 *lb. Morella cherries*
¼ *pint water*
½ *oz. tartaric acid or citric acid*
2 *lb. sugar*

Wash the cherries and stone some, removing the kernels. Put the kernels in the pan with the cherries, water and acid. Bring to pressure and keep at the pressure for 5 minutes.

Reduce the pressure, add the sugar and stir until it has dissolved. Bring to the boil and boil without a lid for 10 minutes, removing the stones that rise to the surface. Test on a cold plate for jelling; when a jell is obtained, take the jam off the heat and cool slightly in the pan before potting.

Note: As cherries are lacking in pectin, the jam has only a light set.

DAMSON CHEESE

2 *lb. damsons*
¼ *pint water*
1¼ *lb. sugar to* 1 *pint fruit pulp*

Wash the damsons, put them in the pressure pan with the water and bring to pressure; keep at the pressure for 6 minutes.

Release the pressure and rub the fruit through a sieve, using a wooden spoon. Measure the pulp obtained and add the required quantity of sugar; stir until it comes to the boil and simmer without a lid for 15 minutes. Test on a cold plate for jelling, and as soon as it sets, pour into hot jars and cover immediately.

GOOSEBERRY JAM

2 *lb. gooseberries*
¾ *pint water*
2 *lb. sugar*

Top, tail and wash the gooseberries and put them in the pressure pan with the water. Affix the lid, bring to pressure and keep at the pressure for 5 minutes.

Add the sugar, stir until dissolved and bring to the boil. Boil briskly without a lid for about 15 minutes, and test for jelling. Pot and cover as usual.

PLUM JAM

2 *lb. plums*
½ *pint water*
2 *lb. sugar*

Wash the plums, put them into the pressure pan with the water and bring to pressure; keep at pressure for 5 minutes.

Release the pressure and add the sugar, stirring until dissolved, then boil thoroughly without a lid for approximately 10 minutes, or until the jam sets when tested. Pot and cover as usual.

QUINCE JELLY

2 *lb. quinces*
½ *pint water*
Sugar

Wash the quinces and cut them up. Put them in the pressure pan with the water, bring to pressure and maintain the pressure for 15 minutes.

Reduce the pressure and strain through a jelly bag. Add 1 lb. sugar to each pint of juice, stir until dissolved and boil rapidly without a lid until setting point is reached. Pot and cover as usual.

ORANGE MARMALADE

2 *oranges*
¾ *pint water*
1 *lb. 6 oz. sugar*

Without cutting up the oranges, place them in water in a pressure cooker, bring to pressure and keep there for 15 minutes. Now shred the oranges, put them into the ¾ pint water and boil for another 10—15 minutes, without the lid on. Add the hot sugar and boil the mixture for another 3 minutes, when a good set should be obtained. The yield for the above quantities is about 2¼ lb., and the total time taken about ¾ hour.

DARK THICK MARMALADE

3 *Seville oranges*
1 *lemon*
½ *pint water*
2 *lb. sugar*

Wash the fruit, cut in half and squeeze out the juice. Put the pips in a muslin bag. Cut the peel into thick shreds and put into the pressure pan with the pulp juice, the pips and water. Put on the lid and bring to pressure; keep at the pressure for 30 minutes.

Reduce the pressure and remove the bag of pips. Add the sugar and stir constantly until it is dissolved. Bring to the boil and boil for 1 hour without a lid until the colour is dark and a good jell is obtained. Pot and cover immediately.

GRAPEFRUIT MARMALADE

1 *grapefruit*
2 *lemons*
1 *pint water*
1½ *lb. sugar*

Wash the grapefruit and lemons and cut in half. Squeeze out the juice and strain into the pressure pan. Shred the peel. Tie the pips in a piece of muslin and put them into the pan with the water, shredded peel and juice. Bring to pressure and keep at the pressure for 25 minutes.

Reduce the pressure and remove the bag of pips, squeezing out the juice from it. Add the sugar, stir until it dissolves, bring to the boil and boil without a lid for 10 minutes, then test for setting. As soon as the marmalade jells, pour it into hot, sterilised jars and cover.

BOTTLING IN A PRESSURE COOKER

Bottling can be carried out very successfully in a large pressure cooker—indeed such a cooker enables one to bottle not only fruit, but also vegetables, for which home-bottling is otherwise inadvisable.

* * *

Most pressure saucepans, however, as mentioned on page 8 are not so suitable for bottling because they have a fixed pressure of 15 lb., which is in our opinion too high to give the best results. The fruit or vegetables tend to go "mushy" and the liquid may be forced out of the jars.

FRUIT BOTTLING

1. Choose young, sound, fresh fruit.

2. Use perfectly sound bottles and caps. Make certain there are no chips or cracks, and use fresh rubber rings.

3. Prepare the syrup (if used) and allow it to cool.

4. Grade the fruit so far as possible and pack it tightly into the jars without bruising.

5. Fill the jars with the syrup or water.

6. Place the rubber rings, lids and clips or screw-bands in position. Loosen screw-bands slightly.

7. Put 1 inch of water in the bottom of the cooker, and place the bottles on a rack in the cooker. Fix the lid and heat very gently to 5 lb. pressure, as indicated on the gauge, and maintain this pressure for the time given in chart below.

8. Reduce the heat gradually and leave until the pressure falls to normal, then allow to stand for 6 minutes.

9. Open the cooker, remove the jars and stand them on wood or thick cardboard. If screw-top bottles are used, tighten the band immediately and again later, as they cool.

10. Test the seal after 24 hours.

Sterilising Times for Fruit
(All fruits are sterilised at 228°F., at 5 lb. pressure)

Fruit	*Time in minutes*
Apples	5
Apricots	7
Blackberries	5
Black-currants	7
Cherries	5
Gooseberries	5
Peaches	7
Pears	7
Plums	5
Raspberries	3
Red-currants	3
Rhubarb	3
Strawberries	3
Tomatoes	7

NOTE: The times given in the above table relate to the actual sterilising. In addition to this you should allow time for the cooker to come to pressure, for pressure to drop to normal again, and for the 6 minutes that the fruit must stand before the pan is opened (see note 8 above).

VEGETABLE BOTTLING

Vegetables are more difficult to preserve than fruits; as they do not contain any appreciable amount of natural acid or sugar, and may be contaminated with soil bacteria, the spores of which are resistant to heat, it is necessary to sterilise at a higher temperature. The pressure cooker ensures this because by bringing the pressure to 10 lb. the temperature is brought to 240°F., which heat effectively destroys the bacteria.

Here are the rules to follow for bottling vegetables:

1. Choose young, fresh, sound vegetables.

2. Wash and rinse them thoroughly.

3. Scrape or peel them according to kind.

4. Grade vegetables according to size, and cut up if necessary—for example cut up cauliflower, etc.

5. Tie them loosely in muslin and blanch by dipping them into boiling water for 2—5 minutes or longer, according to age and kind (see chart below). Plunge them into cold water.

6. Pack them carefully into the bottling jars.

7. Fill up the jars with brine, made in the proportion of 2½ oz. salt to 1 gallon of water.

8. Place the rubber rings, lids and clips or screw-bands in position as for bottled fruit, remembering to loosen screw-bands slightly before sterilising.

9. Place the jars in the pressure cooker on the rack over 1 inch of water. They should not touch the sides of the cooker or each other. Fix the lid and heat very gently to 240°F., i.e., when the pressure of 10 lb. is indicated on the gauge. Adjust the heat to maintain this pressure for 30 minutes or longer (see chart below).

10. Reduce the heat gradually and finally extinguish it, and leave the cooker until the pressure falls to normal, then open it, remove the bottles and stand them on a wooden board or table. If screw-top bottles are used, tighten the bands immediately, and again after a short interval. Leave until cold.

11. The next day test the seals.

Blanching and Sterilising Times for Vegetables
(All vegetables are sterilised at 240°F., and 10 lb. pressure)

Vegetable	*Blanching Time in minutes*	*Sterilising Time in minutes*
Asparagus	2—3	30
Broad Beans	2—3	35
Carrots	10—15	35
Celery	3—4	35
Green Peas	2—5	40
New Potatoes	5	40
Runner Beans	2—3	35

DIRECTIONS FOR USING VARIABLE-PRESSURE COOKERS FOR RECIPES IN THIS BOOK

(Time given is calculated after pressure is reached.)

STOCKS, SOUPS AND STEWS

Recipe	*Pressure in lbs.*	*Time in minutes*
Bone Stock		45
Household Stock		45
Brown Vegetable Soup		10
Celery Soup		10
Potato Soup		10
Lentil Soup		10
Haricot Bean and Pea Soup		15
Game Soup		10
Scotch Broth	15	10
Oxtail Soup		30
Haricot Mutton		10
Irish Stew		10
Stewed Liver		5
Stewed Oxtail		30
Beef Olives		10
Stewed Rabbit		10
Jugged Hare		20

MEAT DISHES

Recipe	*Pressure in lbs.*	*Time in minutes*
Boiled Beef and Dumplings		7 per lb. of beef
Boiled Ox Tongue		¾-1 hr. according to size
Steak and Kidney Pudding	15	Meat 5; Pudding 30
Stuffed Sheep's Heart		10
Meat Shape		20
Rabbit and Mushroom Galantine	15	20
Hamburgers		10

VEGETABLES

Recipe	*Pressure in lbs.*	*Time in minutes*
Beetroot		10—20 according to size
Carrots		2—8 " "
Potatoes		2—5 " "
Turnips and Swedes		2—5 " "
Onions		2—5 " "
Green Peas		1—2
Green Vegetables		2
Spinach	15	1
Braised Vegetables		2
Leek and Celery Cheese		3
Lentil and Tomato Rissoles		12
Stuffed Onions		8—10
Stuffed Potatoes		10—12
Haricot Beans		5
Lentils	15	1
Split Peas		3

PUDDINGS, CAKES AND CEREALS

Recipe	Pressure in lbs.	Time in minutes
Jam Roly-Poly	15	15
Steamed Fruit Pudding		30
Christmas Pudding	20	1—2 hours
Spiced Sultana Pudding		30
Stewed Fresh Fruit		1—2 according to kind
Stuffed Apples	15	3—4
Stewed Dried Fruit		5—15 according to kind
Macaroni		6
Rice	20	15
Porridge		10

JAMS

Recipe	Pressure in lbs.	Time in minutes
Apricot		10
Black-currant		5
Cherry		5
Damson Cheese	15	6
Gooseberry		5
Plum		5
Quince Jelly		15
Marmalades		20

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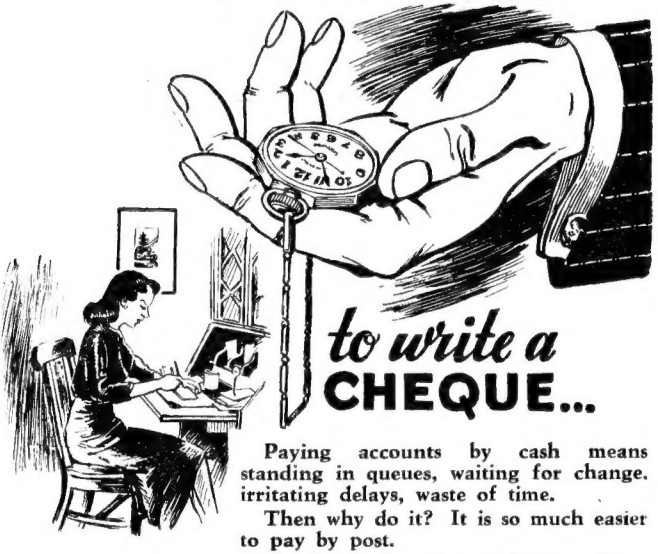

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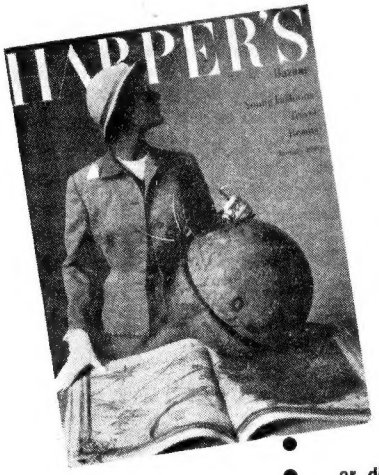

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